

The
Secret Teachings
of Self-Defense

THE SECRET TEACHINGS OF SELF-DEFENSE
JUJUTSU.....OF THE YAMATO SCHOOL

Written byJushinsai Sato

19th successor of Yagiu Shingan School

13th successor of Yamato School

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by

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INTRODUCTION

Tetsushu Yamaoka, a famous swordsman was once asked by one of his friends, "What is the ultimate meaning of your swordsmanship?" "I am letting Kwannon-san keep it for me," was Yamaoka's answer. The following day that man went to the famous Asakusa Temple. There he found three big ideographs in front of the temple, above his head, which read Se-Mu-I. Semui means, "Donate fearlessness to all the sentient beings of the world."

I sincerely believe that all the arts of self-defenses should be learned and studied as the donation of fearlessness to all the sentient beings of the world. I think Mr. Sato wrote this book as a donation of fearlessness. I am, therefore, translating this book with permission from Mr. Sato, as a donation of fearlessness to all the sentient beings of the world. In turn, all readers should donate fearlessness by studying this book.

When you learn oriental art, you have to start it by copying the forms. There are certain forms of stones, rocks, waves, trees, branches, leaves and so on. You have to learn the forms of everything as you are taught, but those forms have no life. It is your talent and effort which gives life to all those lifeless forms.

In this secret teachings of the Yamato School, you have to learn them by repeating the forms, and in this case too, the forms are lifeless. Only through your tenacious effort can you be able to give life to all those lifeless forms.

Do not practice any one of these tricks without proper guidance. Do not use any one of these tricks unless in a case of emergency where your life is in danger.

Mr. Jushinsai Sato is considered the most prominent teacher among old schools. He is the 19th successor of the Yagiu-Shingan School, and also the 13th successor of the Yamato School. At the age of five, he started his practice of Jujutsu, and has, since, mastered almost all the schools of self-defense in Japan. This book though, quite extensive in it's coverage of the arts of self-defense, does not contain the teachings of Mr. Sato in it's entirety.

It is with great pride and pleasure, that I have this opportunity to introduce to my readers, this very fine teacher for whom I have profound respect. The following pages, with it's many illustrations, will introduce to you, the very finest in the teachings of the art of self-defense.

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The Secret Arts of the Yamato-budo.

Tehodoki

Lesson No. 1 Myojo

Opponent Grasp both wrist of defender with both hands.

Picture No. 1



Defender Stretching all the fingers, pull both hands towards your back suddenly, and lift the knee.

Opponent Lean forward and defender's knee hit the lower part of abdomen (Myojo)

Picture No. 2



Lesson No. 2 Kasumi

Opponent Grasp both wrist of the defender with both hands.

Defender Bringing right foot forward, stretching the fingers of the right hand, pull it suddenly towards your left shoulder, then hit opponent's kasumi (temple) with the edge of open palm. (Little finger's side.)

Picture No. 3



Lesson No. 3 Furihodoki

Opponent Grasp the right wrist of the defender which is intended to hit your temple.

Picture No. 4



Defender Pushing down the opponent's thumb with defender's right wrist and pull it lower, that is the way to release.

Picture No. 5



Lesson No. 4 Torikaeshi

Opponent Grasp the defender's left wrist from top with your right hand.

Defender To release opponent's grasp, push your left hand up and grasp the opponent's right wrist from under.

Picture No. 6



Lesson No. 5 Wakigatame

Defender As it is explained in the preceding lesson, grasping back the right wrist of the opponent with defender's left hand, immediately bring opponent's right elbow under defender's left arm, and hold the elbow joint.

Picture No. 7 Notice the opponent's right wrist held tightly in holding wrist joint too.

Attention It should be practiced continuously from lesson No. 1 to lesson No. 5.



Lesson No. 6 Morotehodoki

Opponent Grasp the defender's right wrist with both hands.

Picture No. 8



Defender Stretching fingers of the right hand, elbow at your side, step one step forward with your right foot, fingers of the right hand aimed straight to the opponent's eyes, push it forward.

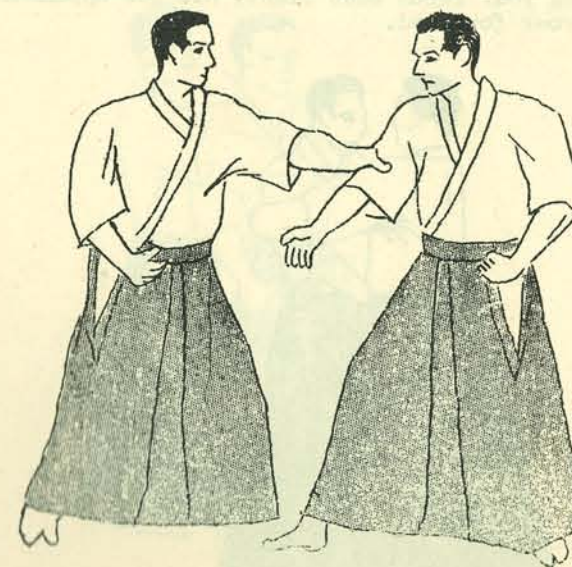
Picture No. 9



Lesson No. 7 Sodehodoki

Opponent Grasp the defender's right sleeve with your left hand.

Picture No. 10



Defender Lift your right forearm softly, outside the left forearm of the opponent, and sweep it down.
Picture No. 11



Lesson No. 8 Tendow
Opponent Try bear hug over both elbows of the defender.
Defender Keeping your teeth shut tight, hit the opponent's face with your forehead.
Picture No. 12



Defender Bringing your right hand about the center of the opponent's back, from under his arm, pull your left foot one step back, to break the balance of the opponent toward your left, hit the head (Tendow) with your left fist.

Picture No. 13



Lesson No. 9
Opponent Hold the defender's body over his elbows from behind.
Defender Hit the opponent's face with back of your head.
Kick the opponent's groin with your heel.

Picture No. 14



Defender Suddenly parting your both feet wide and lower your body and stretch elbows as high as your shoulder.
Picture No. 15



Lesson No. 10 Agemaki
Opponent Hold the defender with full Nelson.
Picture No. 16



Defender First, stretch your arms high, then suddenly lower your body, same time jerking your elbows down.
Picture No. 17



This is the end of ten lessons of Tehodoki. (Tehodoki is the most fundamental study of Jujutsu, derived from this, word Tehodoki, is used as a elementary study of any technic.)

Section Shoden Defense in bended knee

Lesson No. 1 Aikinage (A)

Opponent Grasp both wrist of the defender with both hands.

Picture No. 18



Defender Stretch fingers of your hands with palms facing each other, then tilt the tip of your finger a little upward so that you can see your thumbs clearly. Then push straight forward, using force on tip of your fingers.

Picture No. 19



Defender When you wish to throw your opponent to your left, advance your right knee, and stretch your right hand.

Picture No. 20



Lesson No. 2 Aikinage (B)

Opponent Act as lesson No. 1.

Defender Push your right hand up, pulling your left hand to your left side back, throw the opponent to your left.

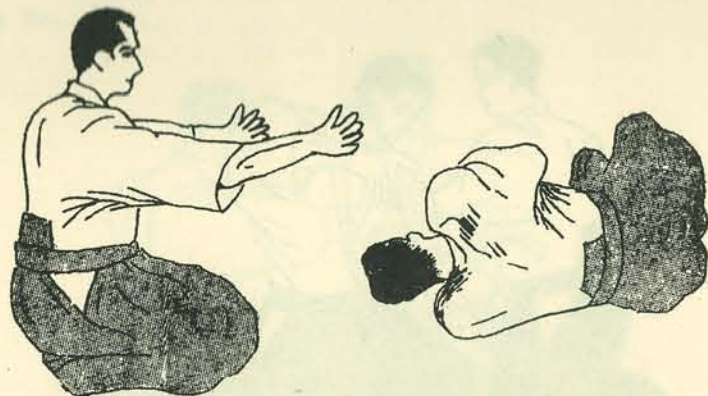
Picture No. 21



Lesson No. 3 Aikinage (C)
 Opponent Act as in Lesson No. 1
 Defender Stretch both your hands toward the opponent's left.
 Picture No. 22



Defender Throw the opponent to the left side of the opponent.
 Picture No. 23



Lesson No. 4 Ygeri
 Opponent Grasp both wrist of the defender with both hands.
 Pull your hands back, and standing on your left knee,
 kick suigetsu (dip between chest and stomach in center
 of the human body.) With your right foot, try to
 bring back your right foot to the former position as
 quick as you can.

Picture No. 24



Lesson No. 5 Wakigatame
 Opponent Grasp both wrist of the defender with your both hands.
 Defender Hit the temple of your opponent with your right hand,
 and with your left hand grasp the right wrist of the
 opponent, then bringing your right foot to your farther
 right side, holding opponent's right elbow under your
 left arm, keep the elbow joint.

Picture No. 25

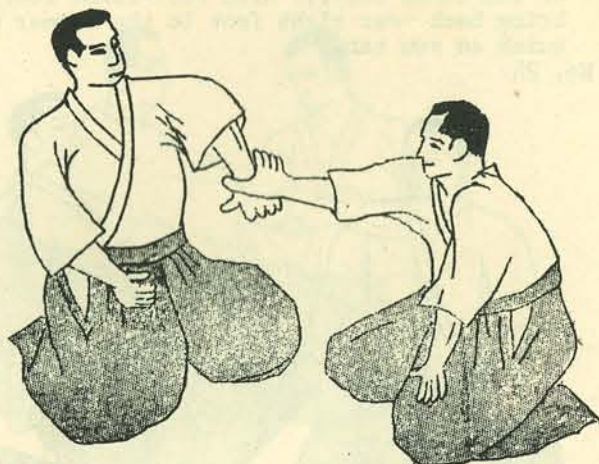


Lesson No. 6 Hikigatame

Opponent With your right hand grasp left wrist of the defender, and hit the top of his head with your left hand.

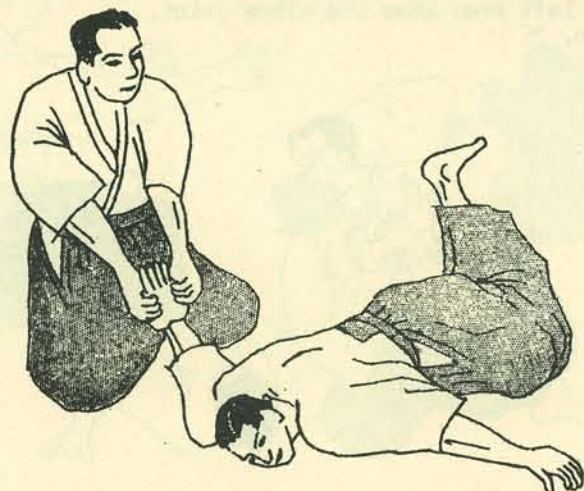
Defender Lifting your left hand, stop the opponent's hand which is coming toward your head.

Picture No. 26



Defender With your four fingers of the right hand, grasp your opponent's right hand from the little finger's side. Then holding his thumb with four fingers of your left hand, and with your thumbs crush the back of the opponent's hand and bend the wrist toward the direction of his shoulder.

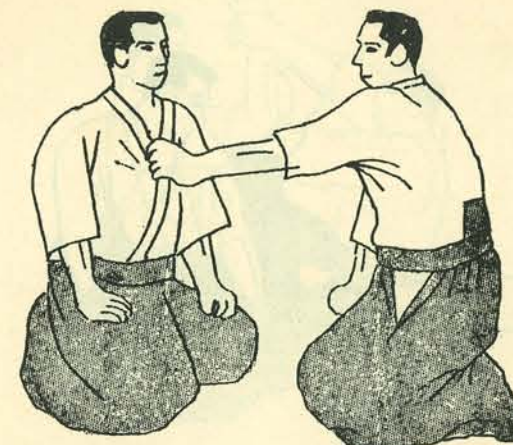
Picture No. 27



Lesson No. 7 Munagura

Opponent Grasp the defenders front with your left hand.

Picture No. 28



Defender Erecting your right knee up, bring your right hand to the opponent's left elbow, grasp left hand with your left hand.

Picture No. 29



Defender Pulling your left foot to your back, sometime keeping opponent's left elbow joint, pull the opponent down with his face down. Push the left elbow down with your right hand, and bend the left wrist with your left hand.

Picture No. 30



Lesson No. 8 Kowsanage

Opponent Grasp the front of your opponent with your left hand, and hit the top of the opponent's head with your right hand sword. (Hand sword is a literal translation of the so called Judo Cut.)



Defender Bringing your right hand over his left arm, stop his right hand sword.

Picture No. 32



Defender Grasp the opponent's right wrist with your right hand from under, then pushing opponent's right elbow with his left arm, throw him to your right side.

Picture No. 33



Lesson No. 9 Sodetawoshi
 Opponent. Grasp the defender's left arm with your right hand.
 Picture No. 34



Defender With your right hand grasp his right wrist, and push his right elbow with your left hand.
 Picture No. 35



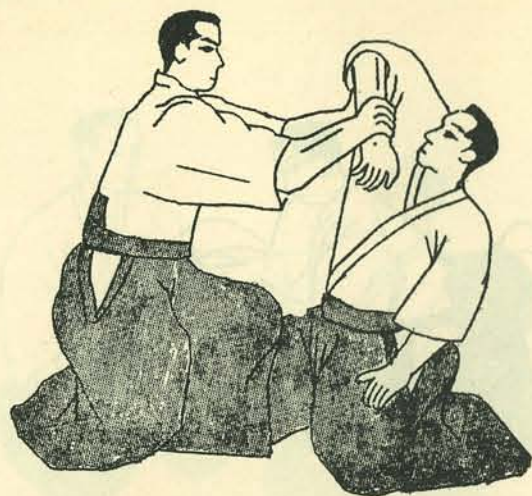
Defender Push the opponent down to your left side by pushing his right elbow with your left hand, and with your right hand bend his right wrist toward his shoulder.
 Picture No. 36



Lesson No. 10 Uchiteomote
 Defender Hit the top of opponent's head with your right hand sword, and same time hit his rib with your left fist.
 Opponent Stop the right hand of the defender with your right hand.
 Picture No. 37



Defender Grasp the right wrist of the opponent with your right hand, and with your left hand push his right elbow.
Picture No. 38



Defender Bringing your body forward push the opponent down in front of you, holding his right elbow with your left hand, and bend his right wrist with your right hand.
Picture No. 39



Lesson No. 11

Opponent With your right hand sword hit the top of the defender's head, at the same moment hit his right rib with your left fist.

Defender With your right hand stop his right hand, and at the same time.

Picture No. 40



Defender Pushing his right elbow with your left hand, and grasping his right wrist with your right hand, drawing your right knee back in order to duck his left fist, then pull him down to your right side.

Picture No. 41



Lesson No. 12 Tsubamegaeshi

Opponent Stepping right foot one step forward, hit the defender's top of head with your right hand sword.

Defender Stop his right forearm with your left hand, which is slid up from between his arms.

Picture No. 42



Defender Drawing your left knee to your back, twist his arm and pull him down with his face up, then immediately hit his Jinchu (under nose) or Uto (between eyes.)

Picture No. 43



Lesson No. 13 Hikitawashi

Opponent Hit defender's top of head with your right hand sword.

Defender Stop his right hand with your left hand sliding up from between his arms, then immediately grasp his right wrist with your left hand, and with your right hand (between index and thumb) push his throat, drawing your left foot and pulling your left hand, push him down with his face up.

Picture No. 44



Lesson No. 14 Hikifune

Opponent With your right hand sword hit defender's top of head.

Defender Bringing your right hand above your forehead stop his hand.

Picture No. 45



Defender Grasp the right wrist of the opponent with your right hand, drawing your right foot one step backward, pull him down flat on his stomach, and with your left knee press his elbow.

Picture No. 46

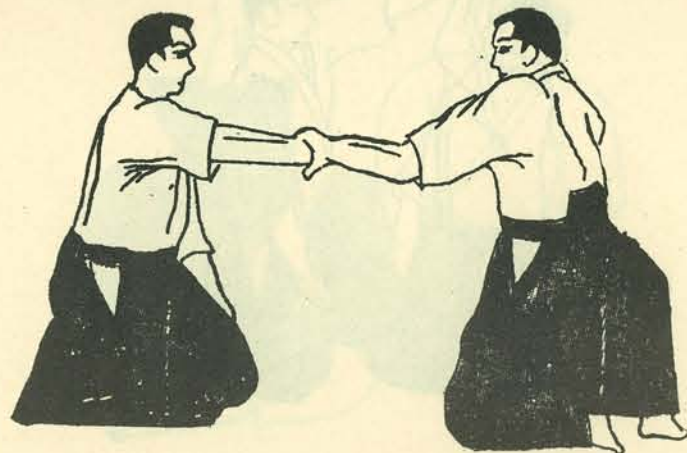


Lesson No. 15 Makikomi

Opponent Hit the Suigetsu (dip at lowest part of chest just above stomach.)

Defender In order to duck his fist erecting your left knee pull it to your back, then grasp his right wrist with your left hand.

Picture No. 47



Defender Using his power of motion pull him to your side, and holding his right arm under your left arm, lowering your left shoulder hold his elbow joint.

Picture No. 48



Lesson No. 16 Katahajime

Opponent Hit defender's Suigetsu with left fist.

Defender In order to duck his fist pull back your left foot one step back, then pulling his left wrist with your left hand.

Picture No. 49



Defender Bringing your right hand to his front from the back, and grab his collar, then bring your left hand through his under arm to his back of the neck, pressing down your left hand while your right hand is pulling up.
Picture No. 50



Lesson No. 17 Hadakajime (A)
Opponent Hit defender's Suigetsu with your left fist.
Defender Duck his fist by pulling your left foot one step back. (See picture No. 49.) Winding your right arm to his neck from his back, grasping your left arm with your right hand pressing his neck down with your left hand.
Picture No. 51



Lesson No. 18 Hadakajime(B)
Opponent Hit defender's Suigetsu with your left fist.
Defender Duck his fist by pulling your left foot back. Winding your right arm around his neck from behind, joining your hands together pull him back.
Picture No. 52



Lesson No. 19 Jiujiijime
Defender Grasp his right collar with your right hand, and with your left hand his left collar. Notice: It is better to hold his collar deeper to the side of his neck.
Picture No. 53



Lesson No. 20 Uchikudaki

Opponent Try to choke him with Jiujiime (picture 53)

Defender Inserting your left hand from under his crossed arms, pressing his left shoulder down.

Picture No. 54



Defender Pull him down to your right side, and hit his Uto (between the eyes.)

Picture No. 54



Lesson No. 21 Kubiguruma

Opponent Try Jiujiime to him (picture 53.)

Defender Hit his nose with your right fist.

Picture No. 56



Defender Right hand to his head and left hand to his chin twist his neck to your right side.

Picture No. 57



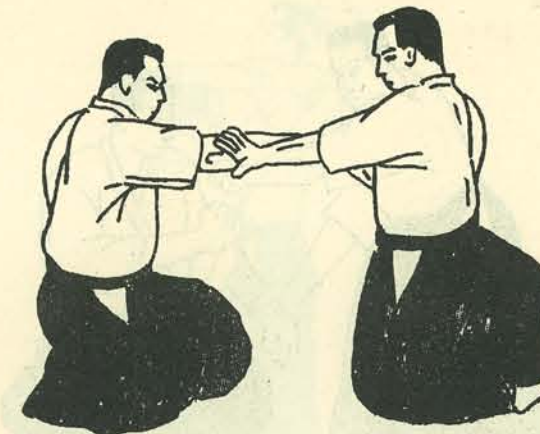
Defender Pull him down to your side. This trick is often used when your collar is grabbed, or to release the bear hug.
Picture No. 58



Lesson No. 22 Aikuchitori
Opponent Hold a dagger in your right hand.
Picture No. 59



Opponent Try to thrust your dagger to his Suigetsu.
Defender Ducking his thrust by opening your right foot one step to the side, and applying your left hand to his right elbow, grab his right wrist with your right hand.
Picture No. 60



Defender Pulling your right foot another step to your back, keeping his right elbow joint pull him down. Bringing your right hand outside of his hand, and bend his wrist, this is the way to release his dagger.
Picture No. 61



Lesson No. 1 Yokotorinage Form of defenses with half sitting, half standing.
Opponent Attack the defender from the side, when he is sitting (bended knee) and you are standing.

Defender Try to defend by stretching out your right hand.

Opponent Holding his right wrist with your left hand, and hit his face with your right fist.

Picture No. 1



Defender Pushing your right hand up toward his left shoulder, grasp his left wrist with your left hand, and pulling it down hold the wrist joint. Loosing his freedom, the opponent will stand with his tip toes.

Picture No. 2



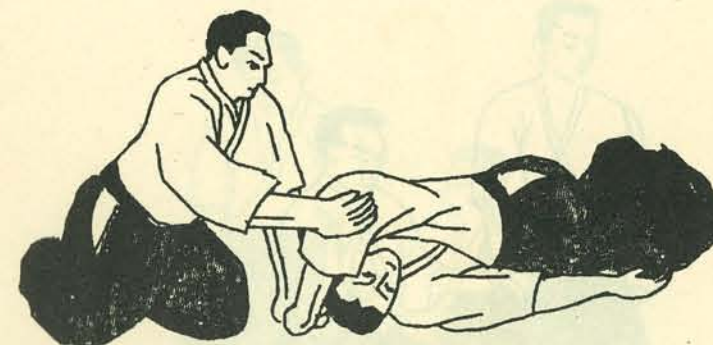
Defender With your right arm lead him to your back.
(Because of unbearable aching of the wrist joint he naturally comes toward your back.)

Picture No. 3



Defender Throw him down by pulling him down to your left.
He falls with his left wrist joint in pain.

Picture No. 4



Lesson No. 2 Hizagaeshi (A)

Opponent From right side of the sitting defender, grasp his right hand with your left hand.

Picture No. 5



Defender Bringing forward your knee to the outside of his left foot, and with your left hand grasp his left ankle.
Picture No. 6



Defender Pulling his left ankle up, while pushing his left knee down with your right hand, throw him down with his face up.

Picture No. 7



Lesson No. 3 Haneage

Opponent From the sitting defender's right side, grasp his right hand with your left hand.

Defender Bring your right knee behind his left foot.
Picture No. 8



Defender Pushing up his left foot with your left hand, and pulling your right hand to your right side back, let him down with his face up.
Picture No. 9



Lesson No. 4 Maedoriage
Opponent From the sitting defender's front grasp his both forearms with your hands.
Picture No. 10



Defender Grasping his left wrist with your left hand, bring your right foot diagonally in left front of the opponent.
Picture No. 11



Defender Bringing your both hands above your head.
Picture No. 12



Defender Keeping his left elbow joint throw him down to your left side.
Picture No. 13



Lesson No. 5 Hizagaeshi (B)
Opponent Grasp the sitting defender's both forearms with your hands.
Picture No. 14



Defender Bringing your right knee to the back of his left foot, pulling his left ankle with your left hand, pushing his knee down with your right hand.
Picture No. 15



Defender Holding his left knee joint throw him down with his face up.
Picture No. 16



Tachiainokata (Forms of defense in standing)

Lesson No. 1 Biyobutawoshi

Opponent Grasp his right wrist with your left hand, and hit his head with your right hand.

Picture No. 1



Defender Bringing your left foot toward outside of his left foot, stretching out your right hand diagonally toward your right front, thrusting his chin with your left fist, let him down with his face up.

Picture No. 2



Lesson No. 2 Aikiotoshi

Opponent Grasp his right wrist with your left hand, and hit his head with your right hand.

Picture No. 3



Defender Step one step forward with your right foot, and push your right hand up, finding impossible to hit your head with his right fist. Opponent will try to press his left hand down.

Picture No. 4



Defender Using his power of pressing his hand down, if you step your right foot back and same time pull your right hand to your back, he falls with his face up.

Picture No. 5



Lesson No. 3 Uchikudaki

Opponent With your left hand grasp his right wrist.

Picture No. 6



Defender Bring your left foot in front of his left foot, and then bringing your right foot behind his left foot, then hit his chin with your right forearm while hitting his Suigetsu with your left hand, and let him down.

Picture No. 7



Lesson No. 4 Yubiari

Opponent Grasp his right wrist with your left hand.

Picture No. 8



Defender One step forward with your right foot, and with your left hand grasp his left hand from the side of his little finger, press his thumb with your right forearm.
Picture No. 9



Lesson No. 5 Hikigatame

Defender Continuous from Lesson No. 4 with your right hand grasping his left hand from the side of thumb, using your four fingers of the each hand, bend his wrist toward his shoulder, and pull him down.
Picture No. 10



Lesson No. 6 Aikitawashi

Opponent Grasping his wrist with your left hand, hit his head with your right fist.
Picture No. 11



Defender Stepping your right foot in front of the opponent, thrusting his chin with your right palm, let him down.
Picture No. 12



Lesson No. 7 Wakigurama

Opponent Grasping his right wrist with your left hand, and hit his head with your right fist.

Defender Hitting his head with your left hand sword, pass through under his left arm.

Picture No. 13



Defender With your left hand push his left elbow.
Picture No. 14



Defender Throw the opponent down.

Picture No. 15



Lesson No. 8 Ubaguruma

Opponent Grasp his right wrist with your left hand, and hit his head with your right fist.

Defender Hitting his right side with your left fist go through under his left arm.

Picture No. 16



Defender Grasping his left wrist with your right hand, pulling his head down with your left hand, and lifting his arm up higher on his back, hold it there.
Picture No. 17



Lesson No. 9 Aikinage(A)
Opponent Grasp his both wrist with your hands.
Picture No. 18



Defender Stepping left foot first bring your right foot behind his right foot, stretching your left arm while bringing your right hand above your head, then hit his throat with your right hand sword.
Picture No. 19



Lesson No. 10 Aikinage (B)
Opponent Grasping his right wrist with your left hand, and pulling him toward you, hit his head with your right hand.
Picture No. 20



Defender Without resisting his pull step your right foot in his left front, sametime strech your right hand to the same direction.

Picture No. 21



Defender Throw him down.

Picture No. 22



Lesson No. 11 Aikinage (C)

Opponent Grasp defender's both wrist with your hands.

Picture No. 23



Defender Stepping your right foot outside of his right foot, push your right hand to his outer right side.

Picture No. 24



Lesson No. 12 Aikinage (D)
 Opponent Grasp his both wrist with your hands.
 Picture No. 25



Defender Stepping your right foot outside of his right foot, push
 your right hand out diagonally over his elbow joint.
 Picture No. 26



Lesson No. 13 Koshiguruma
 Opponent Grasp his both wrist with your hands.
 Defender Bringing your hands up pull him towards you.
 Picture No. 27



Defender Stepping right foot forward and bringing your hip,
 throw him.
 Picture No. 28



Lesson No. 14 Shihonage
 Opponent Grasp his both wrist with your hands.
 Picture No. 29



Defender Grasp his left wrist with your left hand, bring your right foot in front of his right foot.
 Picture No. 30



Defender Lifting your hands higher pass through his left arm, sliding your body back throw him down.
 Picture No. 31



Lesson No. 15 Sodekawoshi
 Opponent With your right hand grasp his upper arm.
 Picture No. 32



Defender Grasping his right wrist with your right hand, and bringing your left hand on his right elbow, step your left foot forward.

Picture No. 33



Defender And more over bringing your right foot forward, push him down with his face down.

Picture No. 34



Lesson No. 16 Uchikudaki

Opponent Grasp his upper arm with your left hand.

Picture No. 35



Defender Bring your left foot in front of his left foot, then bring your right foot behind his left foot, stretching your right arm in front of his chin, with your left fist hit his Suigetsu down.

Picture No. 36



Lesson No. 17 Sodetori Shihonage

Opponent With your left hand grab his right arm, and with your left fist hit his face.

Defender With your left hand stop his right hand and grasp it, then hit his Jinchu (under nose) with your right fist.

Picture No. 37



Defender Together with your right hand grasp his right wrist, bringing your left foot in front of his right foot.

Picture No. 38



Defender Passing through under his right arm from his right side, throw him down.

Picture No. 39



Lesson No. 18 Kosanage

Opponent Grasping his right arm with your left hand, hit his head with your right fist.

Defender Swinging your right hand up from outside of his left arm, stop his right hand and grab it, then crossing his right elbow above his left elbow, throw him to your right side.

Picture No. 40



Lesson No. 19 Sukuiashi
Opponent Grasp his upper arms with your hands.
Picture No. 41



Defender Insert your right arm from between his two arms.
Picture No. 42



Defender With your right arm lift his right leg up.
Picture No. 43



Lesson No. 20 Hijiwori
Opponent With your right hand grasp his chest.
Picture No. 44



Defender With your left hand grasp his right wrist, then with your right four fingers grasp his right hand from his little finger's side.
Picture No. 45



Defender Applying your forearm on his right elbow and pulling it tight to your side, hold the joints. Holding his right elbow with your left forearm and bend his wrist with your right hand.
Picture No. 46



Lesson No. 21 Gansekiotoshi

Opponent Grab his chest with your left hand.

Defender Hit his Jinchu (under nose) with your right fist, then grasp his left wrist with both hands.
Picture No. 47



Defender Bring your right foot forward to his left foot's inside, then bringing your left shoulder under his left elbow, lifting him on your shoulder, throw him forward. Being his left elbow joint locked, it is impossible to resist.

Picture No. 48



Lesson No. 22 Koshiguruma

Opponent Grasping his chest with your right hand, grasp his right wrist with your left hand.

Defender Swinging your right arm from outside and leading with your left hand pull his sleeve bringing your left foot first.

Picture No. 49



Defender Then stepping in with your right foot, throw him with hip throw.

Picture No. 50



Lesson No. 23 Tabusadori

Opponent Pull defender's hair with your right hand.

Picture No. 51



Defender Moving toward the direction he pulls, stepping one step forward thrust his right side with your left fist, then with your right hand grasp his hand over the top from his little finger's side.

Picture No. 52



Defender With help of your left hand, hold him in Hikigatame.
Picture No. 53



Lesson No. 24 Kubishimenage
Opponent Try Jiujiime (with your right hand up.)
Defender Hit his left elbow with your right fist.
Picture No. 54



Defender Step your right foot outside of his right foot,
same time stretching your fingers of the right hand,
bring it to his lower right side, pressing his left
elbow joint throw him down.
Picture No. 55



Lesson No. 25 Kusagakure
Opponent Try Jiujiime to him (right hand on top.)
Defender Suddenly squatting down press his foot with your fist.
Picture No. 56



Lesson No. 26 Dokko

Opponent Try Jiujiime to him, (with right hand top.)

Defender With your both fist push under his chin.

Picture No. 57



Lesson No. 27 Jinchu

Opponent Bear hug him from under his arms.

Picture No. 58



Defender Winding your right arm from top around his neck, and with your right thumb's second joint press his Jinchu. (under nose)

Picture No. 59



Lesson No. 28 Uchiteomote

Defender With your right hand sword hit his head, and thrust your left fist to his right side advancing one step forward.

Opponent Stop his right hand with your right hand.

Defender Grasping his right wrist with your right hand.

Picture No. 60



Defender Stepping your left foot forward pressing his right elbow down hold him there.
Picture No. 61



Lesson No. 29 Uchiteura

Opponent Hit his head with your right hand sword, and thrust your left fist to his right side.

Defender Pulling your right foot back in order to duck his left fist, the grasping his right wrist with your right hand, pressing his right elbow keep him down.

Picture No. 62



Lesson No. 30 Tsubamegaeshi

Opponent With your right hand sword hit his head.

Defender Stepping right foot forward, with your right hand's outside toward him and outside of your left hand toward you, stop his right arm and grasp it.

Picture No. 63



Defender Holding his right wrist with both hands, bringing your left foot between his two feet, with the spinning motion kneeling your left knee down, twisting his arm, pull him down.

Picture No. 64



Lesson No. 31 Hikiotoshi

Opponent Hit his head with your right hand sword.

Defender Bringing right foot forward, stop his hand with your left hand and grasp his right wrist, kneeling your left knee down.

Picture No. 65



Defender Pulling his right wrist hard with your left hand, hit his rib with your right hand sword.

Picture No. 66



Lesson No. 32 Wikiage

Opponent Thrust his Suigetsu with your left fist.

Defender Hitting his left elbow with your right hand sword, kick his left side with your right foot.

Picture No. 67



Lesson No. 33 Musogeri

Opponent Thrust his Suigetsu with your left fist.

Defender In order to duck his fist try to lean your upper body toward your back a little, and kick his groin with your right foot.

Picture No. 68

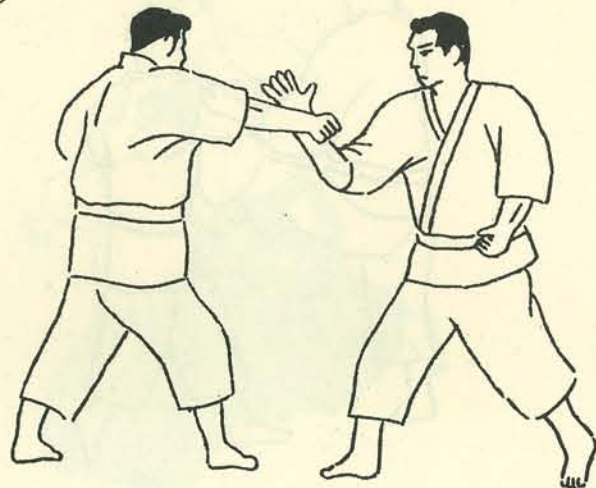


Lesson 34 Hikitate

Opponent Thrust your right fist to his Suigetsu.

Defender Duck his fist by pulling your left foot backward, then stop his arm by hitting his forearm from inside with your right hand, and immediately grasp his right wrist with your right hand.

Picture No. 69



Defender Bringing your left foot in front of his right foot and hold his right arm under your left arm, keeping his right elbow joint.

Picture No. 70



Lesson No. 35 Uchikudaki

Opponent With your right hand, grasp his collar from behind.

Picture No. 71



Defender Pulling your right foot diagonally back bring your left foot behind his right foot, then hit his chin with your left elbow, while hitting his Suigetsu with your right hand sword.

Picture No. 72



Lesson No. 36 Tsurifune

Opponent Grasp his both shoulders with your hands from behind the defender.

Picture No. 73



Defender Pulling your right foot diagonally back, bring your left foot behind his right foot, then hold his both legs in your both arms.

Picture No. 74



Defender Lifting him high then let him fall.
(opponent falls to the ground headlong.)

Picture No. 75



Lesson No. 37 Yamaoroshi

Opponent Grasp defender's both wrist with your hands from behind.

Picture No. 76



Defender Stretching fingers of your hands on the sides of your thighs, pull him closer to you.
Picture No. 77



Defender Lift your hands above your head.
Picture No. 78



Defender Circling your hands toward your front, kneeling your right knee, throw him.
Picture No. 79



Lesson No. 38 Kodawore
Opponent Grasp his wrists from behind with your hands.
Defender Leading him with your hands, bring your right foot behind him.
Picture No. 80



Defender Stepping completely behind him, pull him down, with his face up.

Picture No. 81



Lesson No. 39 Enbi

Opponent Grasp his wrists from behind with your hands.

Defender Lifting your left hand above your head, stepping under his left arm, pulling your left foot back, throw him by pushing up his left arm with your right hand.

Picture No. 82



Lesson No. 40 Tsurifune

Opponent Hold him from behind with your arms over his arms.

Defender Hit his face with your back of head, then kick his groin with your heel. (as in Tehodoki picture No. 15) Pulling your right foot behind, and bringing your left foot behind his right foot, hold his legs with your arms, and lifting him high then throw him down.

Picture No. 83



Lesson No. 41 Taniotoshi

Opponent Hold him from behind over his arms with your arms.
 Defender Hit his face with back of your head, and kick his groin with your heel, then pulling your right foot back between his legs, kneeling your right knee down, pulling his right sleeve with your right hand, and lowering your right shoulder throw him to your front.

Picture No. 84



Articles of Chuden

Forms in Sitting

Lesson No. 1 Yumemekura

Opponent Grasp his wrists with your hands.

Picture No. 1



Defender Stretching fingers of your both hands, press his left hand against your knee.

Picture No. 2



Defender With your left hand pull his hand toward you, and press the back of his right hand against the second joint of his left thumb.

Picture No. 3



Defender With your four fingers of the right hand grasp his right palm from his little finger's side and pressing your right thumb against the back of his right hand, releasing your left hand, hit his right ear with your open palm of the left hand.

Picture No. 4



Defender Pressing the back of his right hand with your both thumbs, pull him down. Make it look like as though his right hand is his pillow.

Picture No. 5

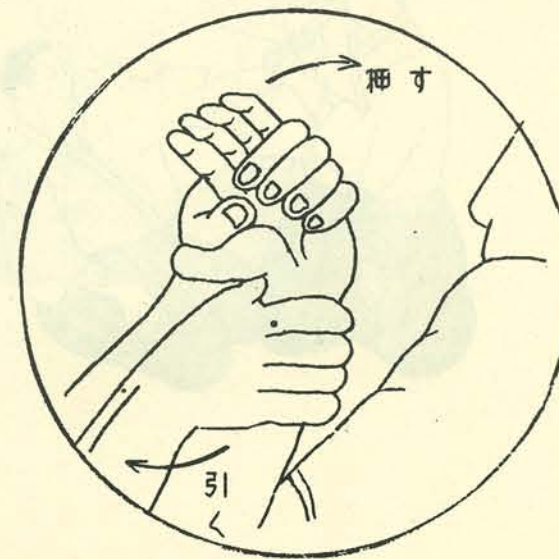


Lesson No. 2 Kobashiwori

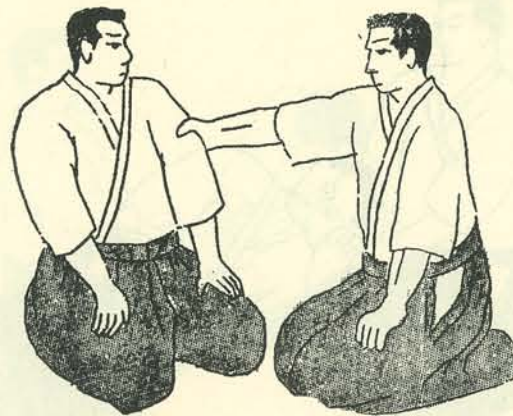
Opponent Grasp his wrists with your hands.

Defender Hit his temple with your left hand, and grasping his left wrist with your right hand, then grasping four fingers of his left hand with your left hand, push it toward him while pulling his left wrist toward you with your right hand.

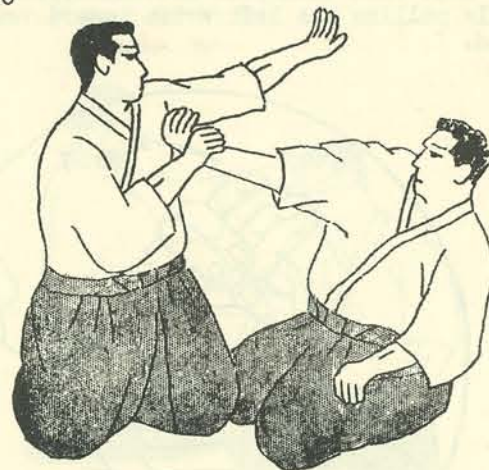
Picture No. 6



Lesson No. 3 Tatamiwori
Opponent Grasp his left arm with your right hand.
Picture No. 7



Defender Hit his nose with the back of your left hand, then immediately grasp his right hand from the back of his hand, then swing your left arm from outside of his right arm.
Picture No. 8



Defender Holding his right hand tight with your right hand, lowering your left elbow, keep his wrist and elbow joint, and let him suffer. Hit his nose again with the back of your left fist.
Picture No. 9



Lesson No. 4 Kotekaeshi
Opponent Grasp his chest with your right hand.
Picture No. 10



Defender Hit his nose with the back of your right fist.
 Opponent With the shock, you lift your left hand up unconsciously.
 Picture No. 11



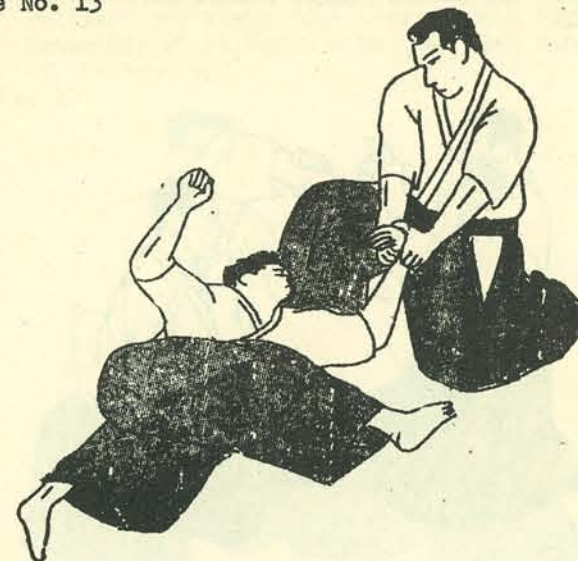
Defender Grasp his left and inserting your four fingers from his thumb's side, pressing the back of his left hand with your right thumb, and with your left hand inserting your four fingers of the left hand from his left hand's little finger's side, and pressing the back of his left hand with your left thumb, twist his left wrist toward his outer direction.

Picture No. 12



Defender Throw him down, (impossible to resist the pain opponent throws himself down.) Immediately, pressing with thumbs hold him down there.

Picture No. 13



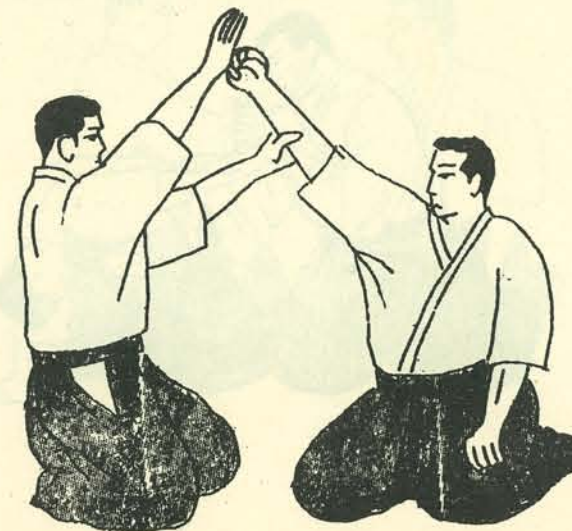
Lesson No. 5 Uchite Kobushiworimote

Defender With your right hand sword hit the top of his head, and thrust your left fist to his rib.

Opponent Stop his right hand sword with your right hand.

Defender Grasp his right wrist with your left hand, and with the palm of your right hand twist his right fist, so that his little finger's side comes up.

Picture No. 14



Defender Pulling your left hand toward your back, while pushing his right hand with your right hand, as though to erect his little finger's side up.

Picture No. 15



Lesson No. 6 Uchite-Kobushiuchi-Ura

Opponent With your right hand sword hit the top of his head, and thrust your left fist to his rib.

Defender Stop his right hand sword with your right hand, while pulling your right knee back to duck his left fist, then grasping his right wrist with your left hand, at the same time twisting his right hand with your right hand.

Picture No. 16



Lesson No. 7 Tsukkomi

Opponent Stepping your right foot one step forward, thrust his Suigetsu with your right fist.

Defender Pulling your right foot back to duck his right fist, grasp his right wrist with your left hand with your back of the hand up.

Picture No. 17



Defender Bringing your right knee in right front of him, applying your right palm on top of his right hand's back, twist his wrist toward the outer right side of him. Throw him in left front of you.

Picture No. 18



Lesson No. 8 Jijjikatame

Opponent With your right fist thrust his Suigetsu.

Defender Do just as the Lesson No. 7 tells you, and throw him in the left front of you, then grasp his right wrist with both hands, lying yourself down, bringing your left leg on top of his face, stretch your abdomen to hold his elbow joint.

Picture No. 19



Lesson No. 9 Kusanagi

Opponent Take his elbow joint as the lesson No. 8 shows.

Defender Pinch his calf hard with your left thumb and fingers.

Picture No. 20



Articles in half sitting half standing defenses.

Lesson No. 1 Fukuto

Opponent Attack the sitting defender from his right side with your standing position.

Defender Bring your right hand forward.

Opponent While grasping his right hand with your left hand, hit his head with your right fist.

Picture No. 1



Defender Pulling your right hand to your front, erect your right knee, bringing your right foot outside of his left foot.

Picture No. 2



Defender Grasping his left ankle with your left hand, push his Fukuto (vital point little above knee and push him down to your right side, with his left side down.)

Picture No. 3



Lesson No. 2 Koku

Opponent Grasp both wrists of the sitting defender with your hands from his back, with your standing position.

Picture No. 4



Defender Lifting your hands above your head, kneel your right knee between his legs, throw him to your front.

Picture No. 5



Lesson No. 3 Kizayokonage

Opponent Attack the defender who is sitting on the chair, from his right side.

Defender Lure the opponent with your right hand.

Opponent Grasp his wrist with both hands.

Picture No. 6



Defender Grasping his left wrist with your left hand pull him toward you, then pushing his wrist up with your right wrist keeping his left wrist joint, lead him toward your back and throw him to your left side.

Picture No. 7



Lesson No. 4 Seiko

Opponent Grasp both wrist of the defender who is sitting on a chair, with your hands.

Picture No. 8



Defender Stepping your right foot in front of his right foot, grasp his left wrist with your left hand, and passing under his right arm.

Picture No. 9



Defender Switching your position, lay him down on the chair with his face up, then sit yourself down on his stomach.

Picture No. 10



Form of standing

Lesson No. 1 Kiainage

Opponent Holding your right hand sword high above your head, stepping your right foot one step forward, hit his temple.

Picture No. 1



Defender The moment he tries to hit your temple, using your right foot as an axle of a wheel, bringing your left foot in front of his left foot, same time hit his left neck (Matsukaze) with your right hand sword.

Picture No. 2



Defender Hit him down in your right front.
Picture No. 3



Lesson No. 2 Kuchikitawoshi

Opponent With your right hand sword hit his head.

Defender In order to duck his hitting hand, bring your body to outer right side of him, then push his right chest with your palm while pulling his knee, hit with your left hand, and let him down.

Picture No. 4



Lesson No. 3 Udegarami

Opponent Step your right foot one step forward, and hit his head with your right hand sword.

Defender Pulling your right foot one step back, stop his right wrist with your left hand, holding it on your forehead with the back of your left hand touching your forehead. In this case don't forget to lower your body a little to weaken his force of hitting.

Picture No. 5



Defender With your left hand, grasp his right wrist, and stepping your right foot behind his right foot, bringing your right hand through under his right arm, hooking your right forearm to his right forearm keep his elbow joint.

Picture No. 6



Lesson No. 4 Kurumakaeshi

Opponent Hit his head with your right hand sword.

Defender Stepping your left foot one step back, holding back of your right hand on your forehead, stop his right hand sword. Don't forget to weaken his force by lowering your body a little, the instant you stopped his hand.

Picture No. 7



Defender Immediately after grasping his right wrist with your right hand, using your right foot as an axle of the wheel, bring your left foot in front of his left foot, then being his elbow joint is in pain, he falls himself down in your right side.

Picture No. 8



Lesson No. 5 Uchitekobushi-woriomote
 Defender and opponent stand in a distance of one fist and one step.
 Picture No. 9



Defender One step forward with your right foot, and hit his head with your right hand sword and thrust your left fist to his rib.
 Opponent Stop his right hand sword with your right hand.
 Picture No. 10



Defender With your right hand grasp his hand twisting his arm, (with your four fingers on his little finger's side) and holding his right wrist with your left hand, let him suffer the pain of Kobushiwori.
 Picture No. 11



Lesson No. 6 Uchite-kobushiwori-ura
 Opponent Stepping your right foot one step forward, hit his head with your right hand sword, and hit his rib with your left fist.
 Defender Duck his hits by pulling your right foot one stepback, then grasping his right wrist with your left hand, and with your right palm twist his right hand.
 Picture No. 12



Defender Let him suffer the pain of Kobushiwori. This time try to press his hand against your chest.
Picture No. 13

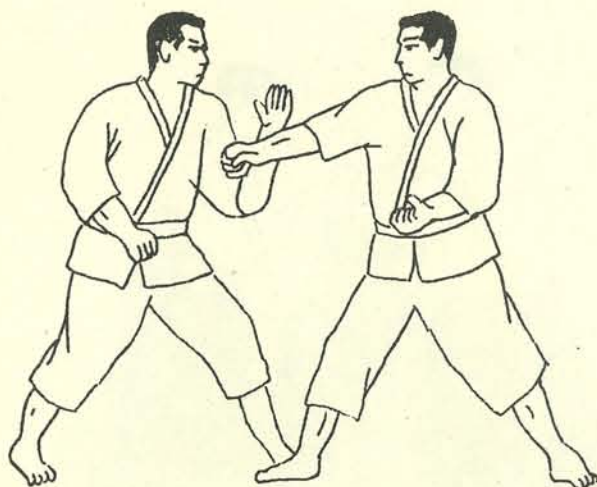


Lesson No. 7 Furiate

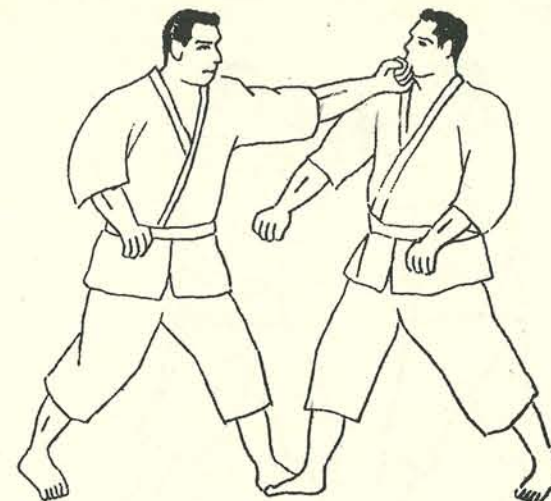
Opponent Stepping your right foot one step forward, thrust his Suigetsu with your right fist.

Defender In order to duck his thrusting fist, step your right foot one step back, then hit his right wrist with your left hand sword.

Picture No. 14



Defender Immediately swinging your left fist, to hit his Jinchu (under nose) using the back of your fist.
Picture No. 15



Lesson No. 8 Hizakudaki

Opponent Stepping one step forward with your left foot and thrust your left fist to his Jinchu (under nose.)

Defender Duck his fist by pulling your left foot back, then grasping his left wrist with your hands, while pushing his knee with your right foot to break his knee joint.

Picture No. 16

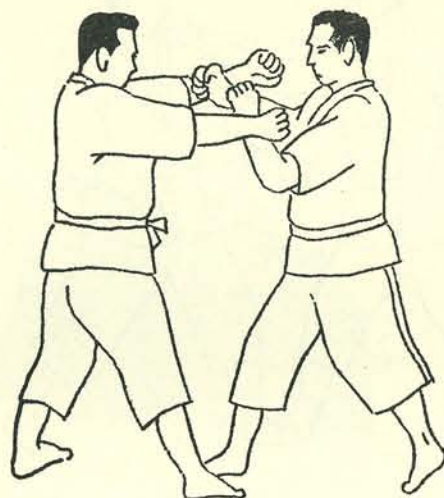


Lesson No. 9 Mimikane

Opponent Thrust both fists to his face at once.

Defender Try to push his arms apart from inside.

Picture No. 17



Defender With your open palms hit his both ears at the same time.

Picture No. 18



Lesson No. 10 Karisute

Opponent Stepping your right foot one step forward, thrust your right fist into his Suigetsu.

Defender Duck his thrust by pulling your right foot one step back, then grasping his right fist with your right hand, pull it hard toward your back.

Picture No. 19



Defender Grasping his collar behind his neck, using his impulse to restore his balance, pull your left hand back, while with your right hand pushing his right hand up, throw him to your left back.

Picture No. 20



Lesson No. 11 Jigokuzume

Opponent Stepping your right foot one step forward thrust your right fist into his Suigetsu.

Defender Duck his fist by pulling your right foot one step back, then grasping his right wrist with your right hand and pull it hard.

Picture No. 21



Defender With your left hand grasp his right collar deep, and then pulling him back. Choke his neck, while pushing his elbow joint against your right side. Because choke and holding joint are done at same time this trick is called Jigokuzume (hell finish.) There is a way to escape from this trick, but we will skip the explanation in this occasion.



Lesson No. 12 Kotegaeshi

Opponent Stepping your right foot one step forward, thrust his Suigetsu with your right fist.

Defender Pull your right foot way back close to your left back, then grasp his right wrist with your left hand (four fingers on top.)

Picture No. 23



Defender Stepping your right foot forward, apply your right palm on the back of his hand, and twist his right wrist toward his outer right side.

Picture No. 24



Defender Throw him to your outer left side.
Picture No. 25



Lesson No. 13 Yukiwore

Opponent With your right foot forward, thrust his Suigetsu with your right fist.

Defender Duck his fist by pulling your right foot one step back, then grasp his right wrist with your right hand, and break his right elbow joint by hitting it with your left hand sword.

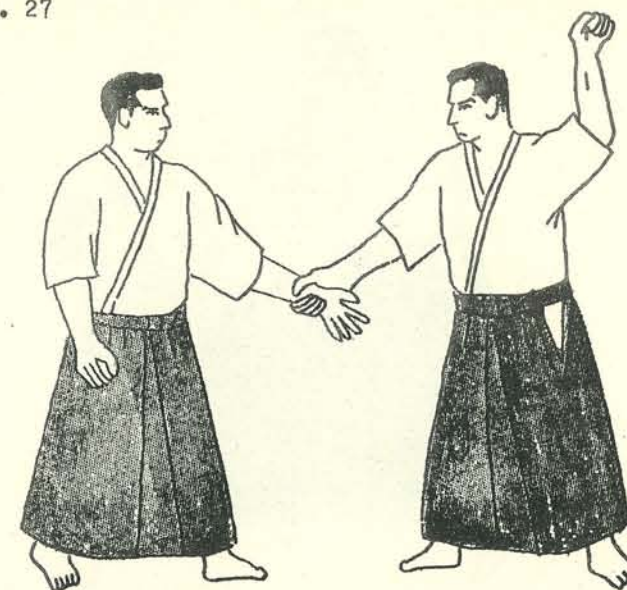
Picture No. 26



Lesson No. 14 Kobushiwori

Opponent Grasping his left hand with your right hand, hit his head with your left fist.

Picture No. 27



Defender One step forward with your right foot between his feet, then ducking his fist, thrust his right rib with your right elbow. Then right away grasp back his right wrist with your left hand (as explained in Tehodoki.)

Picture No. 28



Defender Holding his hand with your right hand, keep his right wrist joint.

Picture No. 29



Lesson No. 15 Tatamiwari

Opponent With your right hand grasp his upper left arm.

Defender Hit his nose with the back of your right fist, then grasp his right hand with your right hand (four finger on his palm and your thumb on his hand's back.)

Picture No. 30



Defender If you spin your left arm, opponent's right hand will be twisted with his palm up, then if you lower your bended left elbow his right wrist joint will be in pain. Immediately hit his nose with your left fist.

Picture No. 31



Lesson No. 16 Sodegaeshi

Opponent Grasp his right arm with your left hand.

Defender By bending your right elbow, pinch his hand between your arm and forearm. Bring your left hand to help your right arm.

Picture No. 32



Defender Kneeling your left knee if you suddenly lower your body, his left wrist will be in pain.
Picture No. 33



Lesson No. 17 Udehishigi

Opponent Grasp his chest with your left hand.

Defender Hit his nose with the back of your left fist, then applying your left hand on his left hand's back, try to bend his wrist toward his back of the left hand.

Picture No. 34



Defender Holding his left elbow with your both hands, pull it toward your chest and hurt his left wrist.
Picture No. 35



Lesson No. 18 Tabusadori-kotegaeshi

Opponent Grasp his hair and pull with your right hand.
Picture No. 36



Defender Hitting his left side abdomen with your right fist, while grasping his right hand with your left hand and let it release from your hair by bending his right hand's back.

Picture No. 37



Defender With your left hand twist his right wrist toward his outer right side, and with the help of your right hand throw him to your left side. (Use the Kotegaeshi.)

Picture No. 38



Lesson No. 19 Murasame

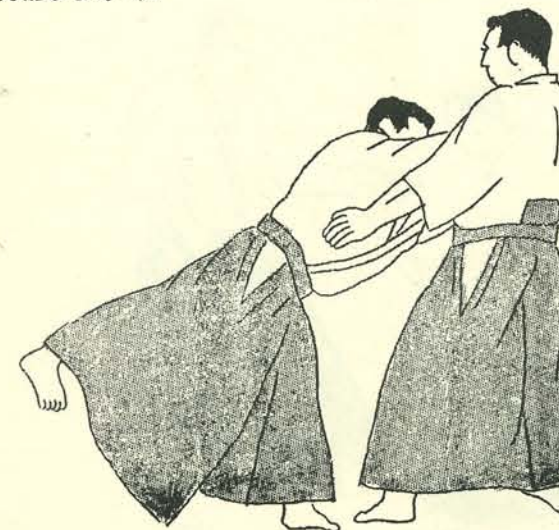
Opponent Grasp his left side collar with your right hand, and with your left hand grasp his right upper arm.

Picture No. 39



Defender Inserting your middle finger of the right hand to the pit behind his left collar bone and push it down. Opponent unable to bear the pain falls to your right side.

Picture No. 40



Lesson No. 20 Oyayubiwori

Opponent Hold his body from his back under the arms with your arms.
Picture No. 41



Defender Rub your left knuckle against his right hand's back, and when his hold is loosen by the pain, grasp his right thumb with your right hand, then turning to him bend it harder and hurt him.

Picture No. 42



Lesson No. 21 Sugitawoshi

Opponent and defender walks from each side and passes each other.
Defender The moment you passes him, go behind him grasping his ankles with your hands, push his thigh with your left shoulder let him fall on his belly.

Picture No. 43



Defender Immediately crossing his legs hurt his toe and knee.
Picture No. 44



Lesson No. 22 Makuraotoshi

Opponent And defender passes each other.

Defender Grasp his collar with your right hand from his back.

Picture No. 45



Defender Pulling your right foot back, kneel it down, mean while pull your right hand which is holding his collar straight down, and let him fall on his back.

Picture No. 46



Lesson No. 23 Kanihasami

Defender Lie down on your back, (or when you are thrown flat on your back.)

Opponent Try to attack him.

Defender Push the right knee of the opponent with your left foot, and pull his right heel with your right foot, to let him fall on his back.

Picture No. 47



Lesson No. 24 Hizatawoshi

Opponent Try to kick the defender with your right foot.

Defender Duck the kick by pulling your right foot back, and with your left hand scoop up his right foot.

Picture No. 48 (A)



Immediately let him fall on his back, by pushing his right knee with your right hand.

Picture No. 48(B)



Lesson No. 25 Hien

Opponent You are about ready to attack him.

Defender By reading his intention and taking chance before hand, jump up and kick his groin or lower abdomen with your left foot.

Picture No. 49



Defender Immediately jumping up kick his Suigetsu with your right foot and stand on the ground. You must practice to steady your body when you come back to the ground.

Picture No. 50



Lesson No. 26 Hikikuruma

Opponent Kick him with your right foot.

Defender Duck the kick by pulling your right foot back, and scoop his right heel with your left hand. (As picture No. 48.) Together with your right hand, stepping your left foot one step back, pull him harder and let him fall on his back.

Lesson No. 27 Hanaguruma

Opponent Do as Lesson No. 26

Defender Do as Lesson No. 26 (as Picture No. 48.) Then grasping his right toes with your right hand, twisting his right foot toward your outer left side, and push it back until he falls on his back.

Lesson No. 28 Kekaeshi

Opponent Do as Lesson No. 26

Defender Do as Lesson No. 26 (as in Picture No. 48.) Holding his heel in your left hand kick back his groin with your right foot.

Lesson No. 29 Hadakajimeura

Opponent Use Hadakajime from his back.

Defender Tightening your molars and lowering your jaw, resist the choke. Then lifting your hands above your head toward the back, insert your fingers under his jaw and push it hard to hurt him.

Defenses against swords without weapon.

Lesson No. 1 Hijizume

Opponent Holding a dagger point down ways and keep it above your head.

Defender The instant before he tries to swing it down upon your head, bringing your left foot forward to outside of his right foot, stop his right elbow with your left hand, while thrusting his rib with your right fist.

Picture No. 1



Defender If you grasp opponent's vital point in his right elbow, he will drop his dagger. Even if he doesn't drop his dagger, stepping your right foot forward, grasping his right wrist with your right hand, and breaking his balance by pushing.

Picture No. 2



Defender And moreover bringing your left foot forward, keep in his right elbow joint hold him down. Keeping his right elbow with your left hand, bend his wrist by inserting your right palm under his right hand's back and pulling it up, then dagger drops.

Picture No. 3



Lesson No. 2 Musoken

Opponent Do as in preceding lesson.

Defender Supporting your body with your left hand on the ground in your left front, and with your right foot kick his groin.

Picture No. 4



Defender Grasping his right heel with your right hand, and pushing his Fukuto (on lower thigh above knee) with your left fist, push him down to your right side.
Picture No. 5



Lesson No. 3 Kirisage
Opponent Holding a short sword or knife above your head swing it down.
Picture No. 6



Defender By pulling your right foot one step back, duck the knife, then grasping his right wrist with your right hand, and apply your left hand on his right elbow.
Picture No. 7



Defender Pulling your right foot one step more to your back, keeping his right elbow joint hold him down, holding his right wrist joint with your right palm and let him drop the knife as in lesson No. 1.
Picture No. 8



Lesson No. 4 Tsukikake

Opponent Grasping a knife in your right hand, and hold it around your waist.

Picture No. 9



Opponent Thrust his stomach with the knife.

Defender Pulling your right foot back to duck, then grasp his right wrist with your left hand (four fingers on top.)

Picture No. 10



Defender Stepping right foot forward, and with your both hands twist his right hand to your outer left side. Use Kotegaeshi and throw him down.

Picture No. 11



Lesson No. 5 Kuritsuke

Opponent Hold the sword in Chudan (hilt around the center of your abdomen and point of the sword is aimed at one's neck, chest or face.)

Defender Hit the back of the sword and sliding go near his hand, grasping the hilt with your left hand pull it, while with your right hand pushing the back of the sword down, and take the sword away from him.

Picture No. 12



Lesson No. 6 Uchikomi

Opponent Holding a sword above your head, then swing it down.

Defender The instant before he swings the sword down, stepping your right foot one step forward, hit his right elbow with your both hands edges, then grasp his right wrist with your right hand and grasp his right elbow with your left hand.

Picture No. 13



Defender Pulling your right foot way back, holding his right elbow joint with your left hand, keep him down.

Picture No. 14



Lesson No. 7 Uchiwotoshi

Opponent Hold the sword above your head, then swing it down on center of his head.

Defender Stepping one step forward with your left foot, to outside of his right foot, let him drop the sword by hitting his right wrist with your right hand sword, at the same time hit his vital point under the lower lip.

Picture No. 15

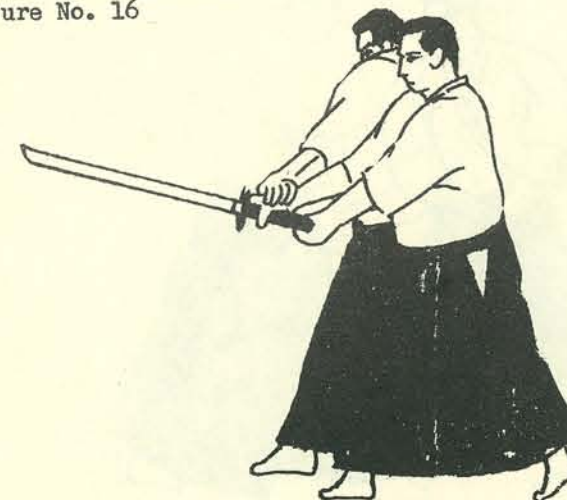


Lesson No. 8 Kirikomi-kotekaeshi

Opponent Do as in the preceding lesson.

Defender One step forward with your left foot to the outside of his right foot, and immediately swing your right foot back to the back of his left foot, the grasp his right wrist with your left hand, bringing your right foot forward, and with your both hands twist his right wrist to his outer right side, as in Kotegaeshi.

Picture No. 16



Lesson No. 9 Munen

Opponent Holding a pistol in your right hand, press it against his stomach, and order him "Hands up."

Defender Lift both hands up.

Picture No. 17



Defender Holding your hands up, keep your eye on the opponent, and finding a chance, stepping your left foot to the outside of his right foot, at the same time grasping his right wrist with your left hand, spinning your body to your right to duck away from the pistol, keep his right elbow joint under your left arm. Bending his right wrist with your right hand, take pistol away.

Picture No. 18



Lesson No. 10 Ushirodenko

Opponent Holding a pistol in your right hand pressing it against his back. Cry out "Hands up."

Defender Lift both hands up.

Picture No. 19



Defender Finding a chance spin your body by using your right foot as an axle of a wheel, to your right side, and duck the pistol, then inserting your right arm from under his right arm, and holding his right elbow joint. Bringing your left foot forward take pistol away with your left hand.

Picture No. 20



Defenses with a stick

Stick is made of oak, about 1/8 of an inch in diameter, about 3 1/2 feet long.

There are many forms of stick defenses, but as we haven't enough space to explain all, I have selected few practical tricks to show you here. These stick defenses are stick defenses of the Taketa School. To write about these forms of stick defenses, I must thank sincerely to my old teacher Mr. Ichio, who is the head of Taketa School, for his help and permission to publish these tricks.

1. Shinsen-no-sugata

Holding a stick in your right hand, stand naturally.

Picture No. 1



2. Hira-ichimonji-no-kamae

Open your feet a little and face your front, drooping your hand in your shoulder's width, holding the stick in your hands.

Picture No. 2



3 Yoko-ichimonji-no-kamae

One step forward with your left foot, bending your knees a little, hands holding stick drooping naturally.

Picture No. 3



Lesson No. 1 Riyote-Garame

Defender Hold yourself in the posture of Hira-ichimaiji.

Opponent Stepping your right foot forward try to choke the defender.

Defender Releasing your left hand, place the left half of the stick upon his wrists, then bring your left hand between his hands from under, grasp the stick and press it down as you pull your right foot to your back. (His elbow joints will hurt.) Then pulling your left foot back make your posture in Yoko-ichimonji to show your Zanshin. (Leave one's mind on one's opponent.) As your opponent restores to his former position step your left foot forward and hold yourself in the posture of Hira-ichimonji.

Picture No. 4 and 5



Lesson No. 2 Eritori

Defender Hold yourself in the posture of Hira-ichimaiji.

Opponent Stepping right foot forward grasp both front collars of the defender.

Picture No. 6



Defender Releasing your left hand apply the stick over his elbows, and grasping the left end of the stick with your left hand, press it down. In this case pull your right foot back and bend your body a little.

Pictures No. 7



Opponent Release your hands at that instant.

Picture No. 8



Defender Stepping a big step forward with your right foot, applying the stick under his chin push him back, until he falls on his back.

Picture No. 9



Pulling your right foot back, hold your posture in Yoko-ichimonji, and show your Zanshin.

Lesson No. 3 Ushirodori

Defender Posture in Hira-ichimonji.

Opponent From behind the defender, try to hold him over his elbow with your arms.

Defender As you step your right foot forward, lowering your body and facing toward your left side, then bringing your left foot behind his right foot, release your left hand from the stick and surround it from his back to grasp the stick which is applied to his rib, then squeeze it toward you. Then pulling your left foot back, hold the posture of Yoko-ichimonji.

Picture No. 10

Picture No. 11



Lesson No. 4 Karameuchi (Kirino-Hitoha)

Defender Hold the posture of Hira-ichimonji.

Opponent Stepping your left foot forward, grasp his front collar with your left hand.

Defender Applying right half of the stick under his left forearm, releasing your left hand once. Then grasp the right end of the stick with your left hand, pinching his left forearm, pulling your left foot back pull him to your front.

Picture No. 12



Opponent Pull your left forearm out at that moment.

Defender Kneeling your left knee, holding the stick in your right hand, hit his shins and let him fall on his stomach in front of you. Pulling your right foot hold the posture of Yoko-ichimonji, and Zanshin.

Picture No. 13



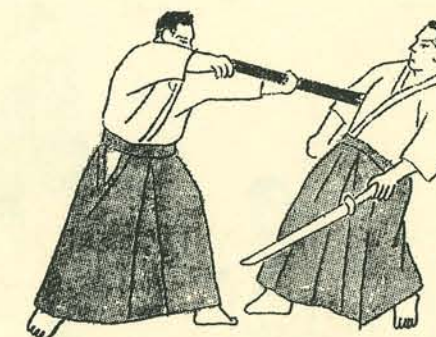
Lesson No. 5 Ukenagashi

Defender Posture of Hira-ichimonji.

Opponent Holding a sword above your head with both hands and, about to swing it down upon his head.

Defender Duck by stepping your left foot forward then holding your left hand high in front of you. Bending your right elbow, stop his forearm by applying, the left end of the stick on his right forearm. (Picture No. 14) Then stretching your right arm, thrust his right arm pit with the left end of the stick. (Picture No. 15) Pulling your left foot back hold the posture of Yoko-ichimonji.

Pictures No. 14 and 15



Lesson No. 6 Kirisage

Defender Posture of Hira-ichimonji

Opponent Holding a sword above your head, swing it down upon his head.

Defender Duck by stepping your left foot diagonally forward, hit his chest with the stick. (Picture No. 16)
Then releasing your right hand from the stick press his right wrist with it. (Picture No. 17)
Grasping middle of the hilt, take the sword away from him and cut the inner thigh. (Picture No. 18)

Defender Holding the sword in your right hand show your Zanshin. Picture No. 19

Lesson No. 7 Mawari-dori

Defender Posture of Hira-ichimonji.

Opponent Holding a sword above your head, and swing it down upon his head.

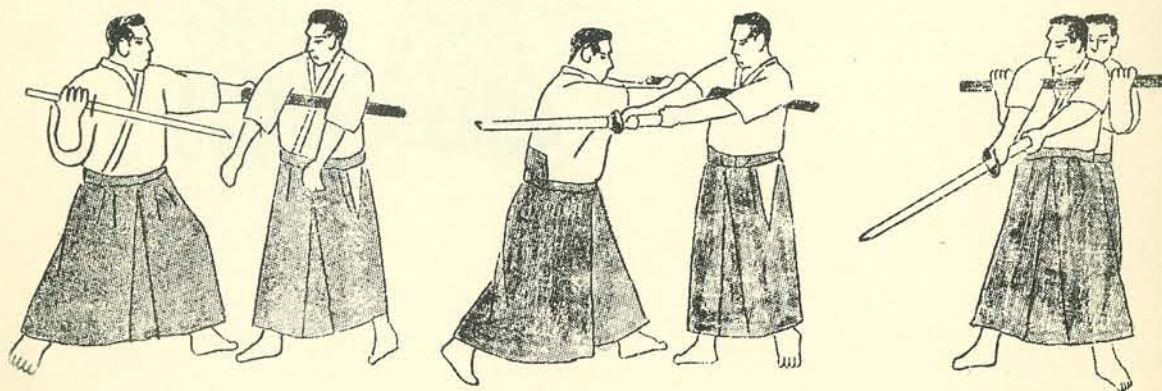
Defender Forewarding your left foot diagonally, apply the stick on his chest. (Picture No. 20) Releasing your left hand and stepping your left foot behind his left foot, grasping the left end of the stick with your left hand. Tighten it against his chest. (Picture No. 21)
Releasing your left hand, take a big step backward with your left foot. then holding posture of Yoko-ichimonji and Zanshin.



16

17

18



19

20
140

21

Lesson No. 8 Toko

Defender Posture of Yoko-ichimonji.

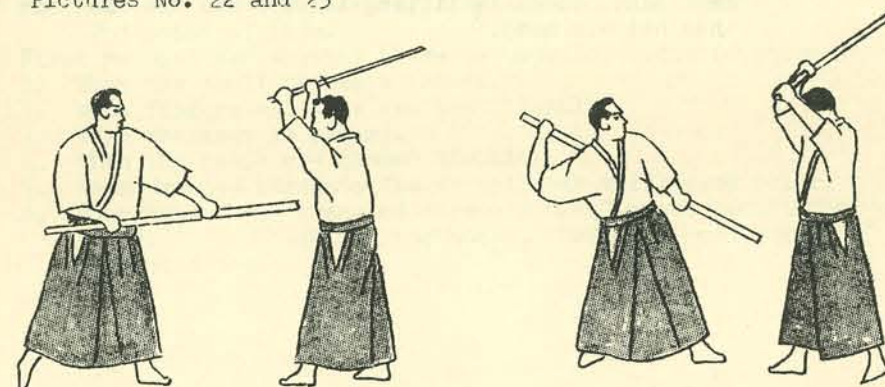
Opponent Holding a sword in your hand in Chudan, the moment about to lift it up above your head.

Defender Forewarding your left foot thrust his Saigetsu with the left end of the stick. (Picture No. 22)

Opponent Step backward.

Defender Releasing your right hand, bring the stick on your back, then grasp it with your right hand above your right shoulder. (Picture No. 23)

Pictures No. 22 and 23



Defender Stepping your right foot foreward, hit his Kasumi with the right end of the stick.

Picture No. 24



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Lesson No. 9 Susobarai

Opponent Grasp the end of his stick with both hands.

Defender Pushing the stick toward his left hand corner and lifting it above his shoulder suddenly hit his shins, and when he falls thrust his Suigetsu with the stick.

Lesson No. 10 Tsuetori

Opponent Do as in preceding lesson.

Defender Pushing down with your right hand and lifting up with the left hand, suddenly lifting it over his head let him fall, then hit his head.

Chapter of resuscitation.

Resuscitation is an art to revive a person from asphyxia caused by strangulation, fall, drowning, choking atemi, or astonishment. From olden times it was supposed to be a secret teaching among Jujutsu teachers and students. There are many ways to do this. But now I am going to write about some of the most simple and most frequently used methods. Students if you practice well, and when you meet with some one in asphyxia, if you do it without mistake, and with confidence, I assure you that person shall revive.

Judgement of life.

First we must see whether there is hope for resuscitation or not.

1. When the pupil reflects things.
2. When fingers and toes are bent tightly.
3. When the anus is closed.
4. When the teeth are closed tightly.
5. When drowned person's finger nail has still nice color.
6. When hunged or strangled person's nasal mucus hasn't changed color. In these six instances, there are good chance of resuscitation.

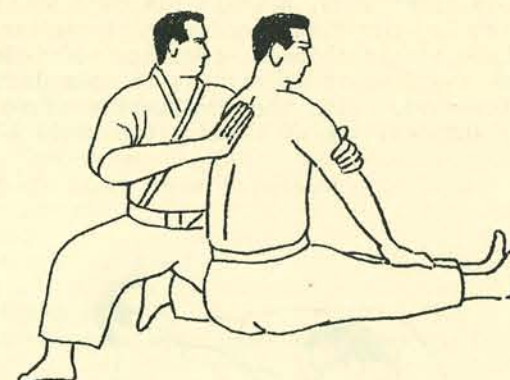
A motion of resuscitation.

When you do the resuciation, take care not to let them bite their own tongue. Therefor insert a piece of wood or cloth between upper and lower teeth. On all occasions of resuciation, tighten your lower abdomen and inhale the deep breath. With your hands, softly rub him down from shoulders toward his lower abdomen, just as gathering something with your hands about the center of his abdomen. Do the same exercise five or six times. Don't forget that this is the most important preparation before applying resuciation. After this preparation is done, we do the resuciation. Do the resuciation according your natural breath. With the deep confidence that you surely can revive a person, do it with accompanying cry of "Ya" or "Yei." As to the usage of hands, you may use much strength on your arms, so that you might be able to kill a demon, but when your hands touch the person in asphyxia, make it tender as an infant's hand. Usage of legs must be as tender as your hands. When you do the preparation let this body lean on your knee.

Lesson No. 1 Sasoi-kwatpo (A)

Kneeling yourself at left back of the dead person, lift him up with your left arm, holding his arms about his breast, and your right palm, fingers and thumb close together, tip of the middle finger touching the first knuckle of spine on top of his back, hit there with the lower part of the palm. Doing that five or six times, shall revive the dead person.

Picture No. 1



Picture No. 2



Lesson No. 2 Sasoi-kwatpo (B)

Lifting dead person's body from back, applying your right knee about the six or seventh knuckle of spine on his back, and pulling your left foot to your back, with your hand rub down from shoulder to the side, while with your right knee pushing up a little. Letting the dead person lean against your right knee, with your mind fully on revivinig, if you do it about three times, that surely shall be enough to revive the dead person.

Lesson No. 3 Nivojo-no-kwatpo

With your hands, massaging the dead person should be done as said in the receding lesson. Lift the dead person's body up by holding the back of the neck with your left arm, erecting your left knee behind his back to support his body, and kneeling your right knee close to his right side, holding his neck and shoulder with your left arm, apply your right hand with thumb and index opened apart, at the base of his abdomen. Holding your elbow close to the ground, push the fingers up while with your left hand letting his neck lean forward. With the cooperation of your hands and Kvai from your lower abdomen, two or three times shall be enough to revive.

Picture No.



Explanation about vital points of human body. People who learn Jujutsu must know about vital points of human being. Vital points are the most sensitive points of the body. Shock given to these points are the cause of fall or asphyxia. In olden times vital points are called Kusho (points of Medical Cure done by burning certain kind of dried grass) and the points are so numerous we can count more than three hundred, but the points where it is hard to hit or where the effectiveness are faint are omitted. Vital points which I am going to tell you are the most commonly used. Beside these there are many more secret teachings of our Yamato School, but I must wait some other opportunity to explain them.

Vital points in regard to killing or maiming. Using as weapon parts of the body (hands, elbows feet etc.) or any blunt or pointed instrument.

Group 1

- 1 Eyes
- 2 Adams apple
- 3 Wind pipe
- 4 Carotoid vessels
- 5 Fifth cervical vertebrae
- 6 Tip of coccyx
- 7 Lumbar vertebrae
- 8 Area where nose joins forehead
- 9 Solar plexus
- 10 Temples
- 11 Oblique rear of neck

Group 2

- 1 Base of skull
- 2 Maxilla (area between nose and upper lip)
- 3 Malar
- 4 Area between lower lip and chin
- 5 Top of skull
- 6 Bridge of nose
- 7 Tip of nose
- 8 Fleshy area under jaw
- 9 Fleshy area
- 10 Area just below heart

11
10
11
8
40

Group 3

- 1 Center of scapula
- 2 Sternum
- 3 Center of radius bone
- 4 Clavicle
- 5 Shin bone
- 6 Instep
- 7 Knee cap
- 8 Side of knee
- 9 Tip of hip bone
- 10 Elbow
- 11 Wrist bones

Group 4

- 1 Testicles
- 2 Groin
- 3 Abdomen
- 4 Heart of muscles
- 5 Hair
- 6 Kidneys
- 7 Area just below floating ribs
- 8 Cuticle area of finger nails

THE STUDY OF VITAL POINTS

SHOMON

KASUMI

DOKKO

MATSUKAZE

MIKAZUKI

HICHI

KIYOSHEN

WAKIKAGE

WANKUN

HIJIZUME

GWAISHAKUTAKU

TEKO →

FUKUTO

KUSAGAKURE

KORI

TENTO

UTO — 8-1

JINCHI 2-2

GEKON 4-2

MURASAME

DANCHU

NAISHAKUTAKU

GANKA

DENKO

SUIGETSU — 9-1

INAZUMA

MIYOJO

KINTEKI

YAKO

MUKOZUNE

UCHIKURUBUSHI

AMON

BISUI

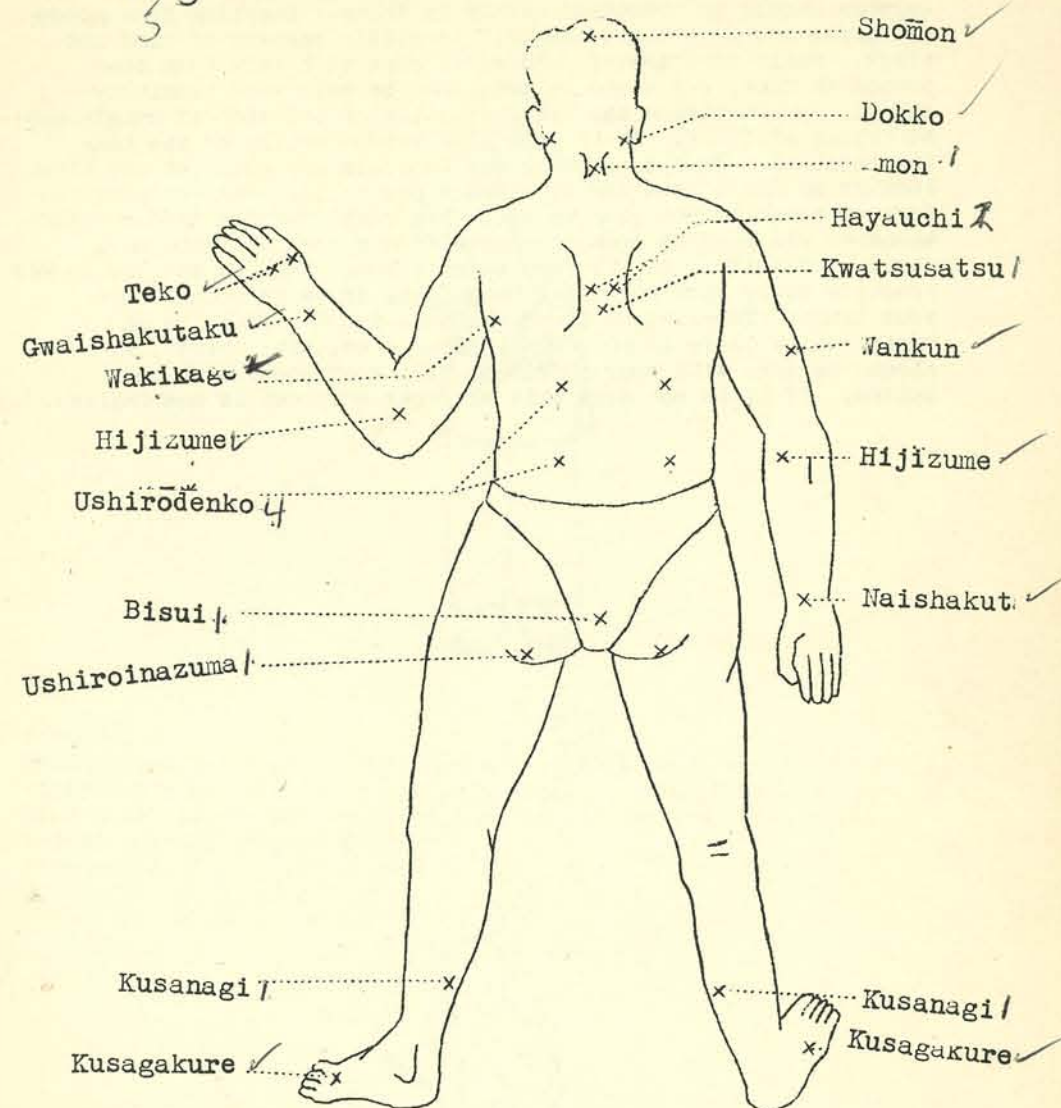
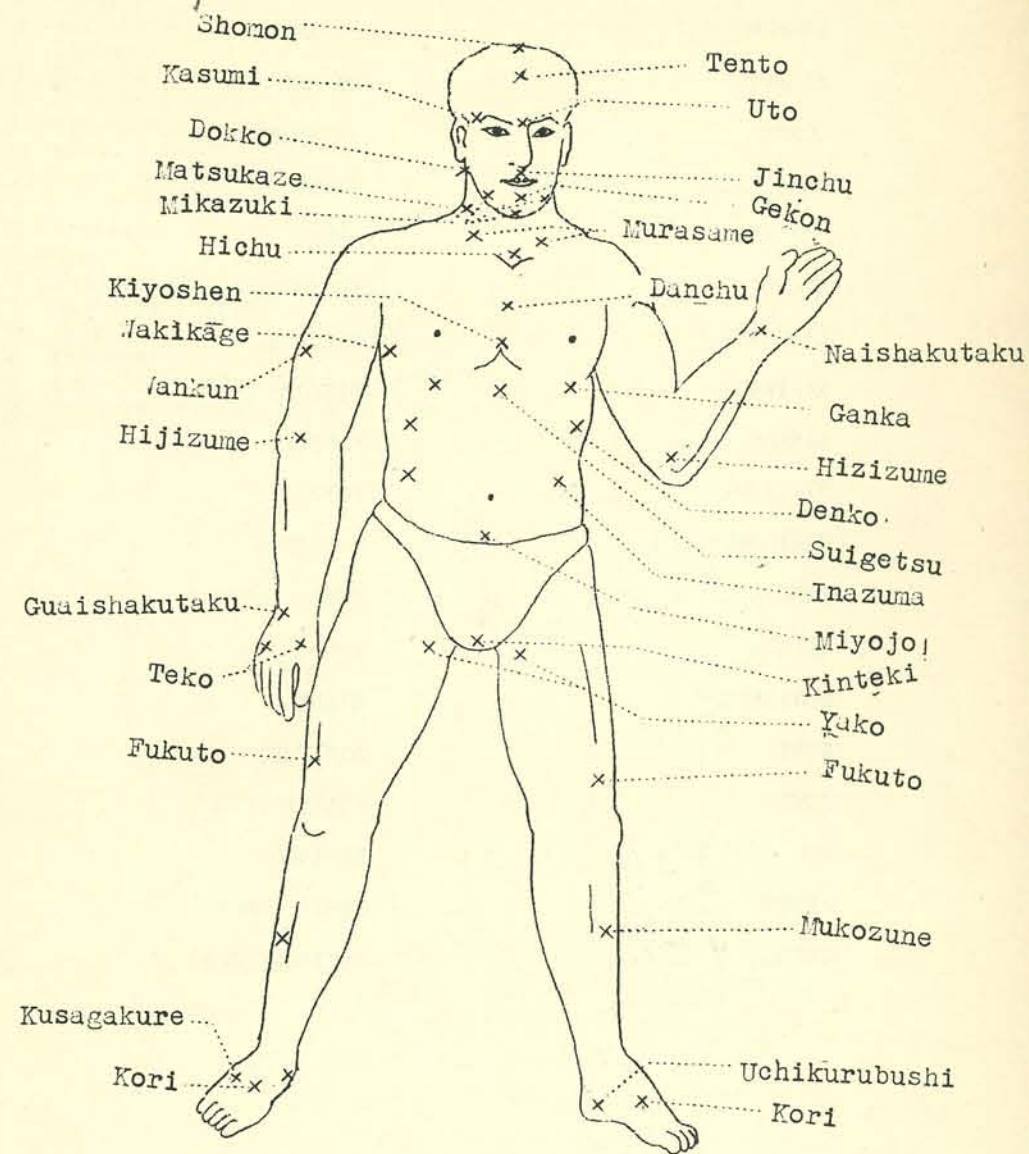
HAYAUCHI

KWATSUSATSU

KUSANAGI

USHIHODENKO

USHIRONOZUMA



Kempo of Yamato School (another name Karate)

Form of Teranomidare

Jujutsu should be practiced mainly in forms. Starting from study of forms, you must train yourself to attain oneness of mind and trick. While practice of Jujutsu is done with more than one person at once, our kempo is practiced by solo with imaginary enemy. By practicing the hit, thrust, kick and stop of conglomerated tricks of forms. It is just like shadow boxing of the boxing practice. We may practice our Kempo in any place at any time, because we don't need any wide space nor tools. Only knowing the form of Kempo is not good to you. You must practice hard so that whenever you need to protect yourself your foot and hand move easily and swiftly as the form teaches you. That is why you should practice every morning before breakfast, or every noon before your lunch. To practice Kempo you must imagine there is an enemy really there in your mind. Your eyes, hit, thrust, kick should be done with your spirit to kill your enemy with one motion. If it is not done this way your movement is meaningless.

Forms of Terano-Midare

Form No. 1

Standing upright, facing forward, heels opened a little, cross your hands in front and bow.

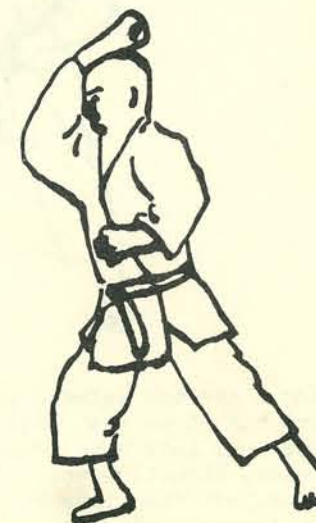
Picture No. 1



Form No. 2

Facing your left, stop your opponent's right hand, which is thrusting your face from your left side, by using your open left hand's little finger's side up. While keeping your right fist. (outside down) at your waist.

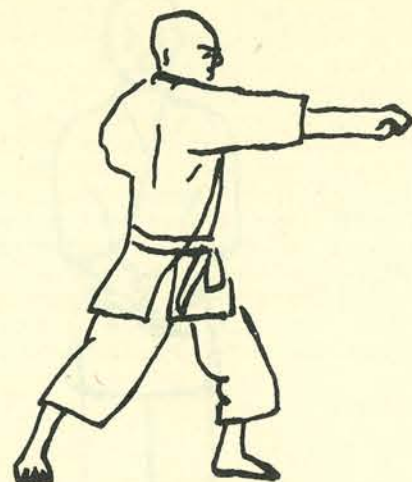
Picture No. 2



Form No. 3

Making the fist, bring your left hand to your left waist (outside down,) while hitting his Suigetsu with your right fist.

Picture No. 3



Form No. 4

Pull your right fist back to your right waist, while thrusting his Suigetsu with your left fist.

Picture No. 4



Notice-No. 2, 3 and 4 are the defense against your enemy at your left side, blocking his right fist which is about to thrust your face, stopping with your left hand sword and grabbing it. Pull him to your left side, thrusting your right fist into his Suigetsu, and then thrust your left fist into his Suigetsu. So 2, 3, and 4 should be done continuously without changing the position of your feet

Form No. 5

Facing your right, stop his left fist which is about to thrust your face, with your right hand. (Direct opposite action of No. 2.)

Form No. 6

Making fist with your right hand, pull it to your right waist, while thrusting his Suigetsu with your left fist. (Direct opposite action of No. 3.)

Form No. 7

Pull your left fist back to your left waist, while thrusting your right fist into his Suigetsu. (Direct opposite action of No. 4.)

Form No. 8

One step backward with your right foot, and hit your enemy at your back with your elbow.

Picture No. 5



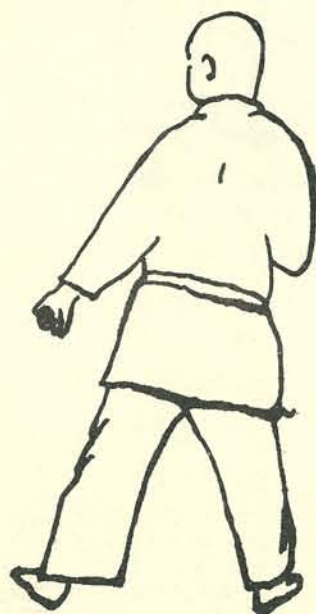
Form No. 9

Twisting your upper body as much as possible, hit his shin which is about to kick you, with your left fist (outside of fist in front.)

Picture No. 6



Picture No. 7 is a view from the left side.



Form No. 10

Swinging your right hand up making a semicircle hit his nose with your fist (using outside of the hand.)

Picture No. 8 is a view from the left side.



Form No. 11

Pull your left fist to your left waist, while stopping his left fist which is about to thrust your Suigetsu, with your right hand sword. Twist your upper body to your right as much as possible, and bring your right shoulder forward.

Picture No. 9



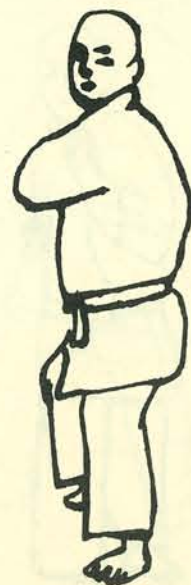
Form No. 12

Kick your right foot as high as your right hand. Picture No. 10
(Grasping your opponent's foot which is about to kick your
Suigetsu, kick his left side stomach or chest, with your right
foot.)



Form No. 13

Bring your right foot back to the former position, while hitting
your opponent with your left elbow.
Picture No. 11



Form No. 14

Swinging your left fist up, making a semi-circle hit his nose
with the outside of your left fist.

Notice 10, 11, 12, 13, 14, should be practiced continuously.

Picture No. 12



Form No. 15

Stepping a big forward step with your right foot, turn to your
back. Keeping your right fist to your side, stretching your
bended right elbow on your right side. Hold your left fist in
your right side front. (This shows the meaning, holding his
right arm in your right arm, pushing his wrist up with your left
hand, trying to break his elbow joint.)

Picture No. 13



Form No. 16

One big step with your left foot and turn yourself back, pushing your right palm in front of your chest, holding your left palm as high as your waist, keep it close to your belly.
Picture No. 14



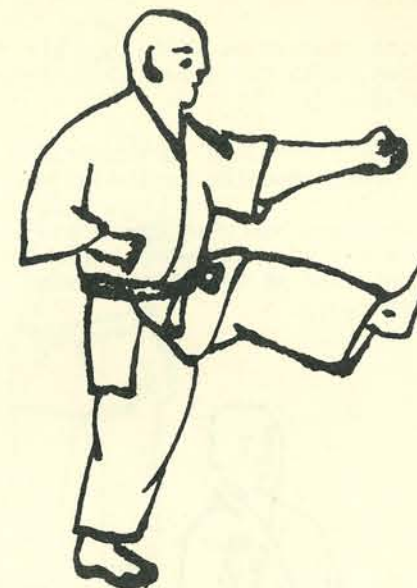
Form No. 17

Facing your left, standing on your right foot, lift your left foot to your right knee. Holding your left fist (outside of the fist out) on your right waist, and holding your right fist under your left fist (outside of the hand underneath.)
Facing your enemy at your left.
Picture No. 15



Form No. 18

While kicking his groin with your left foot, hit his face with your left fist, (outside of the fist) with the sweeping up motion.
Picture No. 16



Form No. 19

As you lower your left foot to your left, hit him with your left elbow, and with your right hand hit his left arm. Then bend your knees. (Grasping your opponent with your right hand, and pulling him closer, hit him with your left elbow.)
Picture No. 17



Form No. 20

Facing your right, stand on your left foot and lift your right foot to your left knee. Bring your right fist to your left waist, holding your left fist under the right fist. (Direct opposite notion of No. 17.)

Form No. 21

While kicking with your right foot, his his face with the outside of your right fist, with the sweeping motion. (Direct opposite action of No. 18.)

Form No. 22

While lowering your right foot to your right, hit him with your right elbow. (Direct opposite action of No. 19.)

Form No. 23

Pulling your right foot one step back, and hitting his right fist which is meant to hit your Suigetsu, with your left hand sword, holding your right fist at your right waist with the outside of the fist underneath.

Picture No. 18



Form No. 24

One step forward with your right foot and thrust his Suigetsu with your right fist keeping your left fist at your left waist with the outside of fist underneath.

Picture No. 19



Form No. 25

Holding your right fist on your back, turn yourself back. (Picture No. 20.)

Notice your right hand which tried to thrust your opponent is taken by your opponent, and held it in hammer lock on your back.



Form No. 26

Stepping one step back with your left foot, turning back, hit his temple with your left hand (little finger's side.)

Picture No. 21

Notice keeping your right arm held in hammer lock as it is, pulling your left foot back, hitting his temple with your left hand and escape the hammerlock.



Form No. 27

Stepping your right foot one step forward, holding your left palm forward to stop his kick. Twist your upper body to your right as much as possible and holding your right open hand (outside up) in front of your chest.

(Picture No. 22-No. 28 are all view from the back, to give you a easier understanding.)

Picture No. 22



Form No. 28

Bending your left wrist, stop his thrust (outside of hand under.)

Picture No. 23



Form No. 29

With your right hand sword, hit his left arm (outside of your hand under) which is about to thrust you.

Picture No. 24



Form No. 30
Immediately kick him with your right foot.
Picture No. 25



Form No. 31
Lowering your right foot in front of you, hit him with your right elbow.
Picture No. 26



Form No. 32
Hit his nose with your fist (outside of the hand.)
Picture No. 27



Form No. 33
With the motion of brushing aside in front of your face, with your hands (palm toward your opponent) while stepping your left foot to your right front.
Picture No. 28



Form No. 34

Pulling your right foot back and turn yourself back, hit him with your elbow.

Picture No. 29



Form No. 35

Jump up in the air and kick his groin with your left foot.

Picture No. 30



Form No. 36

Before your left foot touches the ground, kick his "uigetsu" with your right foot.

Picture No. 31



Form No. 37

As you are coming down to the ground with your right foot in front and left foot in back, hit his nose with your right fist (with the outside of the fist.)

Picture No. 32



Bringing your right foot one step back, stand as in Picture No. 1
and bow to each other.
Picture No. 1

